

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

December 2009

Chocolate Cookie Meltdown Saucy White Chili White Chip Party Mix Quesadillas Creamy Salsa Dip Dried Beef Spread

Chocolate Cookie Meltdown

2¼ cups all-purpose flour
1 teaspoon baking soda
¼ teaspoon salt
¼ cup soft tub margarine
¼ cup canned pumpkin
¼ cup white sugar
¼ cup packed brown sugar
1 teaspoon vanilla extract
1 egg
2 egg whites
2 cups (12-ounce package) semi-sweet chocolate chips



1. Preheat oven to 375 degrees.
2. Combine flour, baking soda and salt in a small bowl. Set aside.
3. Beat margarine, pumpkin, white sugar, brown sugar and vanilla in a large mixing bowl.
4. Add egg, then egg whites, one at a time, beating well after each addition. Gradually beat in flour mixture.
5. Stir in chocolate chips.
6. Lightly coat baking sheets with cooking spray. Drop cookie batter onto baking sheets using a rounded tablespoon.
7. Bake for 9 to 11 minutes. Place cookies on wire rack to cool.

Nutrition Note: This recipe makes 36 cookies. Each serving has 130 calories, 5 grams of fat, and 22 grams of carbohydrates.

* Recipe Source: *Nutrition in the Kitchen* (2nd Edition),
Healthy Weight Program, The Children's Hospital of Philadelphia

Eating Together

Have each family member answer the question "What kinds of foods do you like to eat best for breakfast (or lunch or dinner or when we go to a restaurant)?"



Saucy White Chili

1 tablespoon vegetable oil
6 boneless, skinless chicken breast halves, cut into 1-inch cubes (1½ to 2 pounds total)
¼ teaspoon salt
¼ teaspoon black pepper
1 medium onion, chopped
1 garlic clove, minced
5 cans (16 ounces each) great northern beans, undrained
2 cans (14 ounces each) chicken broth
1 can (14½ ounces) diced tomatoes, undrained
1 can (4 ounces) chopped green chilies, undrained
2 teaspoons ground cumin
1 teaspoon chili powder



1. In a soup pot, heat oil over medium heat. Sprinkle chicken with salt and pepper; sauté for 5 to 6 minutes, until browned.
2. Add onion and garlic, and cook 3-4 minutes, or until onion is tender.
3. Add remaining ingredients and bring to a boil.
4. Reduce heat to low and simmer, uncovered, 50-60 minutes, or until chili thickens slightly, stirring occasionally.

Nutrition Note: This recipe makes 10 servings. Each serving has 350 calories, 5 grams of fat, and 37 grams of carbohydrates.

Breastfeeding:

"Just to have the bond and because it's healthy and cheap."

~ Kisha, WIC Breastfeeding Mom
from Bismarck, ND



White Chip Party Mix

1 package (15-16 ounces) mini pretzels
6 cups Cheerios-type cereal
6 cups Corn Chex-type cereal
2 cups salted peanuts
1 bag (12.6 ounces) plain M&M's (optional)
2 bags (12 ounces) white baking chips

1. In a large bowl mix pretzels, cereals, peanuts and M&M's. Set aside.
2. In a microwave-safe bowl, melt chips.
3. Pour the melted chips over the cereal mixture and mix. Spread onto waxed paper-lined baking sheets.
4. Cool. Break apart and store in an airtight container.

Nutrition Note: This recipe makes 36 servings (½ cup). Each serving (with M&M's) has 280 calories, 12 grams of fat, and 37 grams of carbohydrates.

Quesadillas

8 whole wheat tortillas
1 can (16 ounces) fat-free refried beans
 $\frac{3}{4}$ cup salsa
 $1\frac{1}{2}$ cups shredded reduced-fat cheddar cheese

1. Preheat oven to 400 degrees.
2. Spread beans evenly over four of the tortillas; then spoon the salsa over the beans and sprinkle with cheese.
3. Top each with a tortilla.
4. Place the quesadillas on a foil-covered baking sheet and bake for 15 minutes, or until the cheese is melted and the top is crisp and brown.
5. Serve with salsa, sour cream, and guacamole if desired.

Nutrition Note: This recipe makes 8 quesadillas. Each serving has 230 calories, 4.5 grams of fat, and 32 grams of carbohydrates.

Creamy Salsa Dip

1 cup low-fat or fat-free sour cream
1 cup chunky salsa
1 envelope (1 ounce) dry ranch dressing mix

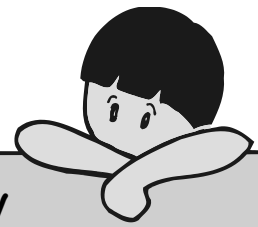
1. Combine all the ingredients and mix well. (If you don't want the chunks of salsa, use a blender to mix.)
2. Serve with fresh vegetables or tortilla chips.

Nutrition Note: This recipe makes 8 servings ($\frac{1}{4}$ cup). Each serving has 130 calories, 3.5 grams of fat, and 5 grams of carbohydrates.



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Turn Off the TV

Make Believe Walk - Have your child pretend to walk through different places: In the forest; on the moon; in the jungle; on hot sand; through the snow; in the mud.

(From the California WIC Program)

Dried Beef Spread

1 package (8 ounces) low-fat cream cheese
1 cup fat-free or low-fat sour cream
2 tablespoons finely chopped green onion
2 tablespoons finely chopped green or red pepper
1 bag (2.5 ounces) dried beef, chopped

1. Preheat oven to 350 degrees.
2. Soften cream cheese by placing in a microwave-safe bowl and heating on low for one to two minutes.
3. Add sour cream and mix well. Then add remaining ingredients and mix well.
4. Pour mixture into a small baking dish and bake for 15 minutes.
5. Cool completely in the refrigerator before serving with chips or crackers.

Nutrition Note: This recipe makes 10 servings ($\frac{1}{4}$ cup). Each serving has 90 calories, 4.5 grams of fat, and 6 grams of carbohydrates.

GROW HAPPY FAMILIES

Make meals and memories together. It's a lesson they'll use for life.

Make some meals special.

- Have a color contest and see how many green, red, yellow, and orange fruits and vegetables you can include in one meal.
- Name a food your child helps create. Make a big deal of serving "Karla's Salad" or "Corey's Sweet Potatoes" for dinner.
- Try a "Make Your Own" night. Let your family put together its own soft tacos, sandwiches, pizza, or salads. Place the ingredients within easy reach and let the fun begin.



2009 Turn Off the TV Tips

January - Toss Scarves for Fun. Throw a scarf in the air and tell your child to catch it on his or her nose. Then try toes, knees and elbows. Count how many times he or she can catch it.

February - Cut a fresh path in the snow. Make a maze with curvy and zigzag patterns. Chase your child through the maze. Have them chase you. When tired, fall down and make snow angels.

March - Beanbag Balance - Place a beanbag or a small, soft toy on your child's head. Invite her to walk from one point in the room to another without dropping the beanbag. If she has to, she can hold on to it at first. Ask her to balance the beanbag as she walks both slowly and quickly, in different directions (forward, backward, or sideways), and in different pathways (straight, curvy, and zigzag).

April - Play "Hokey Pokey." - Sing the "Hokey Pokey" song and add movements to it. For example, "You put your right hand in, you put your right hand out. You put your right hand in and you shake it all about. You do the hokey pokey and you turn yourself around. That's what it's all about." Continue with the left hand and move to work with the feet, legs, hips, and so on.

May - Enjoy some time outdoors. Go to the park and fly a kite. Blow bubbles into the air and have your children run and catch them before they pop.

June - Take a nature walk and look at the things around you—birds singing, the grass growing, and the wonderful colors in the blooming flowers. Talk about the different colors, shapes, smells and feel of all the things in nature. Take a bag to collect some of nature's treasures.

July - Sit outside and watch the clouds. Talk about their shapes and what they look like.

August - Score! Make a goal with 2 water-filled jugs placed 3 feet apart. Give your child a ball and have her score a goal by kicking the ball between the goal posts.

September - Collect Leaves - Take a walk with your child to find leaves of different shapes. Place the leaves on plain paper and let your child trace around them. Hang them on the refrigerator.

October - Let's See, I'll Be... - Ask your child to act like: A tree swaying in the wind, the sun rising, a cat arching its back, a kangaroo jumping, a train chugging along a track, a butterfly in the sky (From the California WIC Program)

November - Body Part Follow the Leader - Move your body parts as you repeat the words and encourage your child to: Bend one knee and an elbow; Nod your head and look high and low; Shake a leg; Clap your hands; Wave your arms; Make circles with your hips; Wiggle your fingers; Smile; Put your feet together; Pick up your legs; Stomp your feet. Put on music and do this together. (From the California WIC Program)

December - Make Believe Walk - Have your child pretend to walk through different places: In the forest; on the moon; in the jungle; on hot sand; through the snow; in the mud. (From the California WIC Program)

2009 Eating Together Family Meal Conversation Starters

- What is one color you can see in our meal? Try to come up with all the different colors in your meal.
- What is your favorite way to be active? Plan some family time to try everyone's favorite activities.
- What is your favorite time of the day?
- What is the best thing that happened to you today?
- What kinds of outdoor games do you like to play?
- What is the best tasting food you have ever eaten?
- What is your favorite fruit and why?
- What is your favorite vegetable and why?
- What storybooks do you like to read? Is there a special book you would like to read together after dinner?"
- If you could be any kind of food, what would you like to be? What would be fun about being that food?
- What made you smile today? Why did it make you smile?
- What kinds of foods do you like to eat best for breakfast (or lunch or dinner or when we go to a restaurant)?